



Braised Bacon Carolina Rice

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.7 cup celery finely chopped
- ☐ 2 tablespoons celery leaves chopped
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 cups chicken broth reduced-sodium
- ☐ 1.3 cups onion finely chopped

- ☐ 0.5 pound slab bacon
- ☐ 0.3 teaspoon paprika smoked hot (piment&ocute;n picante)
- ☐ 0.5 cup sacramento tomato juice
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup rice long-grain white (preferably Carolina Gold)

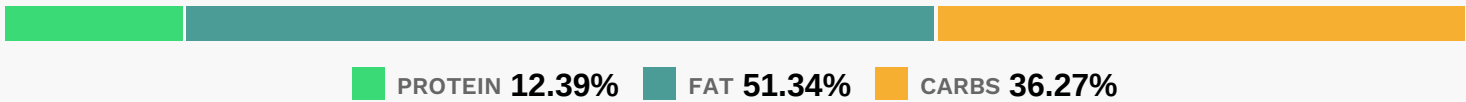
Equipment

- ☐ pot

Directions

- ☐ Cook bacon in a 4-quart heavy pot over low heat until some of fat is rendered, about 5 minutes.
- ☐ Add onion, celery, and garlic and cook, stirring occasionally, until vegetables are softened but not browned, 7 to 8 minutes. Stir in spices.
- ☐ Add stock and tomato juice and bring to a boil. Stir in rice and simmer, uncovered, stirring occasionally, until most of liquid is absorbed and rice is cooked through, 20 to 25 minutes (rice will be moist rather than fluffy and dry). Stir in celery leaves, butter, kosher salt, and pepper to taste, then remove from heat and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:15.94, Inflammation Score:-4, Nutrition Score:8.7691303750743%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 350.67kcal (17.53%), Fat: 20.1g (30.92%), Saturated Fat: 7.79g (48.7%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 30.55g (11.11%), Sugar: 2.63g (2.93%), Cholesterol: 34.98mg (11.66%), Sodium: 509.83mg (22.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Vitamin B3: 4.43mg (22.14%), Manganese: 0.44mg (21.9%), Selenium: 13.09µg (18.71%), Phosphorus: 158.81mg (15.88%), Vitamin B6: 0.26mg (12.92%), Potassium: 392.62mg (11.22%), Vitamin B1: 0.16mg (10.55%), Copper: 0.2mg (10.04%), Vitamin C: 7.06mg (8.56%), Vitamin A: 370.78IU (7.42%), Vitamin B2: 0.12mg (7.2%), Zinc: 1.08mg (7.2%), Vitamin B5: 0.67mg (6.68%), Vitamin B12: 0.35µg (5.9%), Magnesium: 22.4mg (5.6%), Fiber: 1.4g (5.6%), Vitamin K: 5.85µg (5.57%), Iron: 0.98mg (5.45%), Folate: 19.23µg (4.81%), Calcium: 36.78mg (3.68%), Vitamin E: 0.48mg (3.19%), Vitamin D: 0.22µg (1.47%)